

## BACHELOR OF SCIENCE (BS) IN KINESIOLOGY

### EXERCISE SCIENCE EMPHASIS

#### Disclaimer:

- This worksheet is intended for supplemental use only. The university will use your Degree Works worksheet (in my.usu.edu) to track your graduation requirements, including those for your major. Please continue to refer to Degree Works and your major academic advisor for accuracy.
- Course deliveries and which semesters they are traditionally offered are subject to change.
- **Please note: Students are responsible to fully investigate and verify admission requirements, including prerequisite courses, for any graduate or professional programs they plan to apply to.**

#### University Minimum Graduation Requirements:

- Total Credits: 120 earned credits minimum, 30 of these must be USU credits
- A GPA of 2.0 is required for courses taken at USU
- Total credits with C- or above: 100 credits minimum
- USU credits within the Major: 10 credits minimum
- Upper-Division credits (3000 level or above): 40 credits minimum,
- Upper-Division credits must be completed at USU: 20 credits minimum
- **Please note: A minimum of 72 of the 120 credits for the baccalaureate degree must carry the A, A-, B, B-, C+, C, C-, D+, D designation, unless the major department or college changes this limitation.**

#### Major Related Requirements:

- Admission: 2.75 overall GPA required
- Graduation: 2.75 overall GPA required
- All courses required for the major require a letter grade (e.g., A, A-, B+, B, B-, etc.). **Pass/Fail grading is not permitted for the major courses, excluding PE activity courses.**
- A minor is not required, but recommended.

#### General Education Requirements:

Breadth Requirement	Course	Credits
<input type="checkbox"/> Communications Literacy 1 (CL1)	ENGL 1010	3
<input type="checkbox"/> Communications Literacy 2 (CL2)	ENGL 2010	3
<input type="checkbox"/> Quantitative Literacy (QL)	See emphasis	3
<input type="checkbox"/> Breadth Creative Arts (BCA)		3
<input type="checkbox"/> Breadth Humanities (BHU)		3
<input type="checkbox"/> Breadth Life Sciences (BLS)		3
<input type="checkbox"/> Breadth Physical Sciences (BPS)		3
<input type="checkbox"/> Breadth Social Sciences (BSS)		3
<input type="checkbox"/> Breadth American Institutions (BAI)		3
<input type="checkbox"/> Breadth Integrated Studies (BIS)		3

#### Depth Education Requirements (University Studies)

Depth Requirement	Course	Credits
<input type="checkbox"/> Communications Intensive (CI)		3
<input type="checkbox"/> Communications Intensive (CI)		3
<input type="checkbox"/> Quantitative Intensive (QI)	KIN 4400/KIN 4200	3
<input type="checkbox"/> Depth Humanities/Creative Arts (DHA)		2
<input type="checkbox"/> Depth Social Sciences (DSS)		3

\*prerequisites

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#### Emphasis in Exercise Science

**59-61 credits total**

#### Prerequisite Required Courses: 11-13 credits

Complete all of the following:

Courses	Semester	Credits
<input type="checkbox"/> BIOL 2320: Human Anatomy (lab included)	F, Sp, Su	4
<input type="checkbox"/> BIOL 2420: Human Physiology (lab included)	F, Sp, Su	4
<input type="checkbox"/> Math: Math 1050 or higher or STAT 1040 or STAT 1045 or acceptable math exam score	F, Sp, Su	3-5

**\*BIOL 2420 Prerequisite(s):** One of the following: BIOL 1010, BIOL 1610, BIOL 2060, BIOL 2320, CHEM 1010, CHEM 1110, CHEM 1210, USU 1350; AP Biology or AP Chemistry with a score of 3 or higher.

**\*Math 1050 Prerequisite(s):** One of the following within the last year or three consecutive semesters (including summer): ACT Math score of at least 23 or equivalent SAT math score, AP Calculus AB score of at least 3, grade of C- or better in Math 995, or Satisfactory score on ALEKS Math Placement Exam.

**\*STAT 1040 Prerequisite(s):** One of the following within the last year or three consecutive semesters (including summer): ACT Math score of 19 or higher or equivalent SAT math score, AP Calculus AB score of at least 3, Grade of C- or better in MATH 995 or MATH 1010, Grade of C- or better in MATH 1050 or 1100, or satisfactory score on ALEKS Math Placement Exam.

**\*STAT 1045 Prerequisite(s):** One of the following within the last year or three consecutive semesters (including summer): ACT Math score of 16 or higher or equivalent SAT math score, grade of C- or better in MATH 0950, or Satisfactory score on the ALEKS Math Placement Exam.

#### Professional Foundation Required Courses: 29 credits

Complete all of the following:

Courses	Semester	Credits
<input type="checkbox"/> KIN 2000: Intro to Kinesiology	F, Sp	2
<input type="checkbox"/> KIN 3000: Principles of Fitness or PE 3000 Dynamic Fitness (online)	F, Sp	3
<input type="checkbox"/> KIN 3100: Athletic Injuries	F, Sp, Su	3
<input type="checkbox"/> KIN 3250: Anatomical Kinesiology	F, Sp, Su	3
<input type="checkbox"/> KIN 4000: Mental Aspects Sports Performance	F, Sp, Su	3
<input type="checkbox"/> KIN 4100: Exercise Physiology	F, Sp, Su	4
<input type="checkbox"/> KIN 4200: Biomechanics (QI)	F, Sp, Su	4
<input type="checkbox"/> KIN 4400: Measure Evaluation Kinesiology (QI)	F, Sp, Su	3
<input type="checkbox"/> KIN 5100: Fitness Assessment	F, Sp, Su	4

**\*KIN 3250 Prerequisite(s):** BIOL 2320

**\*KIN 4100 Prerequisite(s):** BIOL 2320, BIOL 2420, KIN 2000 or 2020, and MATH 1050 or higher or STAT 1040 or 1045 or ACT Math score 25 or higher or equivalent SAT MATH score or AP calculus AB score of 3 or higher.

**\*KIN 4200 Prerequisite(s):** BIOL 2320, BIOL 2420, KIN 3250, One of the following: Math 1050 or higher, STAT 1040 or 1045, ACT Math Score 25 or higher or equivalent SAT Math score or AP Calculus AB score of 3 or higher

**\*KIN 5100 Prerequisite(s):** KIN 4100

*\*prerequisites*

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## BACHELOR OF SCIENCE (BS) IN KINESIOLOGY

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**Professional Development Required Courses:** 19 credits

#### Kinesiology & Health: 3 credits

Choose from the following options, totaling 3 credits:

HEP 2000:	First Aid & Emergency Care	2 credits
HEP 2500:	Health & Wellness	2 credits
HEP 3200:	Consumer Health	3 credits
HEP 3400:	Stress Management	3 credits
KIN 3200 (CI):	Motor Skills Learning Technology	3 credits
KIN 5430 (CI):	History & Philosophy of P.E.	3 credits

Course(s)	Credits
<input type="checkbox"/>	3

#### Biology: 3 credits

Choose one from the following options, totaling 3 credits:

BIOL 1010 (BLS):	Biology and the Citizen	3 credits
BIOL 1610 & 1615:	Biology I and Lab	4 credits
BIOL 1620 & 1625 (BLS):	Biology II and Lab	4 credits
BIOL 2060:	Elementary Microbiology	4 credits
BIOL 3060 (QI):	Principles of Genetics	3 credits
BIOL 3300:	General Microbiology	4 credits

Course(s)	Credits
<input type="checkbox"/>	3

\*BIOL 1620 & 1625 Prerequisite(s): BIOL 1610 and BIOL 1615

\*BIOL 2060 Prerequisite(s): One of the following: USU 1350, BIOL 1010, BIOL 1610, BIOL 2320, BIOL 2420, CHEM 1010, CHEM 1110, CHEM 1210, HEAL 1500; AP Biology or Chemistry with a score of 3 or higher

\*BIOL 3060 Prerequisite(s): BIOL 1610, CHEM 1110 or CHEM 1210

\*BIOL 3300 Prerequisite(s): The following with a C- or better: BIOL 1610, BIOL 1615; And one of the following, which may be taken concurrently: CHEM 1120, CHEM 1220, CHEM 2300, CHEM 2310.

#### Chemistry: 3 credits

Choose one from the following options, totaling 3 credits:

CHEM 1010 (BPS):	Introduction to Chemistry	3 credits
CHEM 1110 (BPS):	General Chemistry I	4 credits
CHEM 1125 (BPS):	General Chemistry II	4 credits
CHEM 1125	General Chemistry II Lab	1 credit
CHEM 1210:	Principles of Chemistry I	4 credits
CHEM 1215:	Principles of Chemistry I Lab	1 credit
CHEM 1220 (BPS):	Principles of Chemistry II	4 credits
CHEM 1225:	Principles of Chemistry II Lab	1 credit

Course(s)	Credits
<input type="checkbox"/>	3

\*prerequisites

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## BACHELOR OF SCIENCE (BS) IN KINESIOLOGY

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**\*CHEM 1110 Prerequisite(s):** Math 1050 (may be taken concurrently) or Math 1010 w/ a C or better, Math 995 w/ a C or better, ALEKS Math Test Score of 46 or better, Math ACT of 24 or equivalent SAT Math Score

**\*CHEM 1120 Prerequisite(s):** CHEM 1110

**\*CHEM 1125 Prerequisite(s):** CHEM 1110 and CHEM 1120 (may be taken concurrently)

**\*CHEM 1210 Prerequisite(s):** One of the following: Math ACT score of at least 25 or equivalent SAT Math score, AP Calculus AB score of 3 or higher or ALEKS Math Placement of 76 or higher or MATH 1050 or higher (may be taken concurrently), High School Chemistry Recommended.

**\*CHEM 1215 Prerequisite(s):** CHEM 1210 (may be taken concurrently)

**\*CHEM 1220 Prerequisite(s):** CHEM 1210

**\*CHEM 1225 Prerequisite(s):** CHEM 1220 (may be taken concurrently)

### Integrated Courses: 7 credits

Choose from the following options, totaling 7 credits minimum:

NDFS 1020 (BLS):	Science/Application of Human Nutrition	3 credits
NDFS 2030:	Nutrition and Physical Performance	2 credits
PHYS 1100 (BPS):	Great Ideas in Physics	3 credits
PHYS 1200 (BPS):	Intro to Physics by Hands on Exploration	3 credits
PHYS 2110:	General Physics – Life Sciences I	4 credits
PHYS 2120:	General Physics – Life Sciences II	4 credits
PSY 1010 (BSS):	General Psychology	3 credits
PSY 2100:	Developmental Psychology: Adolescence	3 credits
PSY 2300:	Psychological Disorders	3 credits
PSY 3010 (QI):	Psychological Statistics	3 credits

Courses	Credits
<input type="checkbox"/>	7

**\*NDFS 2030 Prerequisite(s):** NDFS 1020

**\*PHYS 2110 Prerequisite(s):** One of the following: MATH 1060, MATH 1100, or MATH 1210

**\*PHYS 2120 Prerequisite(s):** PHYS 2110 and one of the following: MATH 1060, MATH 1100 or MATH 1210

**\*PSY 2100 Prerequisite(s):** PSY 1010

**\*PSY 2300 Prerequisite(s):** PSY 1010

**\*PSY 3010 Prerequisite(s):** One of the following: STAT 1040 w/ C grade or better, STAT 1045 w/ C grade or better, STAT 2000 w/ C grade or better or AP Statistics with a passing grade.

### KIN Skill Development and/or P.E. Activity Courses: 3 credits

Choose from the following options, totaling 3 credits minimum:

KIN 2100	Skills 1 (Swimming, Volleyball, Football)	1 credit
KIN 2200	Skills 2 (Lifetime Activities)	1 credit
KIN 2300	Skills 3 (Softball, Basketball, Soccer)	1 credit
KIN 2400	Skills 4 (Tennis, Badminton, Track & Field)	1 credit
PE 1000-2120	Any three P.E. DIFFERENT activity courses	1 credit

Courses	Credits
<input type="checkbox"/>	1
<input type="checkbox"/>	1
<input type="checkbox"/>	1

\*P.E. Activity courses may not be repeated in the major (must be different from each other)

*\*prerequisites*

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